



Welcome to **Fit For Motion** an exciting educational experience for you and your youth! **Fit For Motion** is a leadership development program for youth that promotes health and wellness through education, self-awareness, and physical activity in an entertaining environment.

Rowan County Schools have chosen second grade students 12 Elementary Schools to participate in the **Fit For Motion** program. The criteria for entry include:

- Commit to attending sessions during school recess three times during the 2011-2012 school year.
- Show enthusiasm for learning.
- Complete the application process; including writing a paragraph on what it means to be a healthy leader.
- Sign the program contract (both students and parents).

The **Fit For Motion** program will be held on-site at each school. Rowan Regional Medical Center and YMCA of Rowan County staff offers a team of lifestyle specialists who will serve as coaches to the youth each week. Our registered dietitians, clinical exercise physiologists, and YMCA wellness experts will ensure that your youth becomes a healthy leader.

Fit For Motion will:

- Provide leadership development through education on healthy lifestyles to youth.
- Provide educational materials on various health topics to youth and parents.
- Create awareness in the community of the importance of healthy lifestyle choices as a key ingredient of leadership development for youth.

The goals of the **Fit For Motion** program include:

- Educate youth on healthy lifestyle behaviors.
- Provide leadership development.
- Develop ambassadors to lead promotion of healthier lifestyles to others.
- Provide educational materials on various health topics to youth and parents.
- Reward youth with prizes weekly for participation.

We are very excited to work with you and your youth during this leadership development program. Congratulations to you and your family for receiving this special honor!

Rick Parker
Vice President

Amanda L. Hesse
Chief Operating Officer

Rowan Regional Medical Center

Rowan County YMCA